


Southeast Regional Community Center

5260 Hickory Hollow Parkway Suite 202, Antioch, TN 37013 615-862-8902

<div> <div>Fitness Classes</div> <div>After-School</div> <div>Special Activities</div> <div>Gymnasium</div> </div>	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Winter Program Schedule (subject to change)</p> <p><u>Facilities Manager</u> Thomas Floyd</p> <p><u>Program Coordinator</u> Elona Tribue</p> <p><u>Recreation Leaders</u> Brittany Phillips Charles Watkins Edgar Valentin Jacob Hunsicker Shaqua Nero Michael Green</p>	6:00am-3:00pm Adult Open Gym (Basketball)	6:00am-9:30am Adult Open Gym (Basketball) ½ Court	6:00am-3:00pm Adult Open Gym (Basketball)	6:00am-9:30am Adult Open Gym (Basketball) ½ Court	6:00am-3:00pm Adult Open Gym (Basketball)	8:00am-11:45am Family Gym (Basketball)
	3:00pm-6:00pm After-School Enrichment Program	10:00am-12:00n Tot Time/Home School ½ Court Special Needs ½ Court (Gymnasium)	3:00pm-6:00pm After-School Enrichment Program	10:00am-12:00n Tot Time/Home School ½ Court Special Needs ½ Court (Gymnasium)	3:00pm-6:00pm After-School Enrichment Program	9:00am-10:00am Zumba (\$) w/ Dawn
	6:00pm-8:00pm Chicago Steppin' (Dance Studio) w/Troy	12:00n-3:00pm Adult Open Gym ½ Court Shoot Around ½ Court (Basketball)	6:00pm-8:00pm Adult Open Gym (Basketball)	12:00n-3:00pm Adult Open Gym ½ Court Shoot Around ½ Court (Basketball)	6:00pm-7:15pm Family Game Night ½ Court (Gymnasium)	10:00am-12:00pm Line Dancing w/3D & Nicki
	5:00pm-6:00pm Boot Camp (\$) w/Demetria	3:00pm-6:00pm After-School Enrichment Program	6:30pm-7:30pm Boot Camp (\$) w/Patricia	3:00pm-6:00pm After-School Enrichment Program	6:00pm-7:00pm Basketball Practice ½ Court (Gymnasium)	<p>Membership Fees: (\$)- Paid Class</p> <p>Daily Pass Adult \$3.00 Teens & Senior \$1.50</p> <p>10 Visit Gym Pass Adult \$20.00 Teens & Senior \$10.00</p> <p>Monthly Pass Adult \$30.00 Teens & Senior \$20.00</p> <p>10 Pass Class Card \$30.00</p> <p>Teens 13-17 Senior 62 and up</p>
	6:00pm-8:00pm Basketball Practice ½ Court (Gymnasium)	6:00pm-8:00pm Teen Basketball ½ Court (Gymnasium)		6:00pm-8:00pm Teen Basketball ½ Court (Gymnasium)	<div> <div> <div>Like us on</div> <div>facebook</div> </div> <div>@</div> <div>“Southeast Regional Community Center”</div> <div>www.nashville.gov</div> </div>	
	6:30pm-7:30pm HIIT (\$) w/Patricia	6:00pm-8:00pm Basketball Practice ½ Court (Gymnasium)		6:00pm-8:00pm Basketball Practice ½ Court (Gymnasium)		
<p>When school is not in session, the hours will be 9:00am-4:00pm for elementary and middle. High School is from 4:00pm-6:00pm. The gymnasium and game room will be closed to adults during this time.</p>		6:30pm-7:30pm Zumba (\$) (Dance Studio) w/Sandy		6:30pm-7:30pm Zumba (\$) (Dance Studio) w/Sandy		
		7:30pm-8:30pm Dance Fitness (Dance Studio) w/Demetria		7:30pm-8:30pm Dance Fitness (Dance Studio) w/Demetria		
		7:00pm-8:30pm Line Dancing (Multipurpose #2) w/3D & Nicki				

Adult Open Gym- welcomes ages 18 and up to participate in a variety of activities that take place in the gym.

After-School Enrichment Program- children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications were submitted.

Boot Camp- mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little but further than they would normally push themselves in the gym.

“Chicago Steppin”- urban dance that originated in Chicago and continues to evolve while defining its unique style.

Dance Fitness - is a type of group exercise class that incorporates some or many forms of dance.

Family Open Gym- time for children and their adults to come together and play in the gym.

H.I.I.T- High Intensity Interval Training is an all out intense exercise workout!

Line Dancing- a form of dance in which dancers line up in a row and follow a choreographed pattern of steps to music.

Teen Time- time allotted for teens ages 13 to 17 to occupy the gym, where they can play basketball.

Tot Time- Parent and their children (under 5) are welcomed to play in our gym.

Zumba- an aerobic fitness program that combines Latin and international music with dance moves.

The Mission of Metro Board of Parks and Recreation

To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region’s natural resources.

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